

WHAT IS CLAIMED IS:

1. An information recording and playback apparatus which records or plays back information, comprising:

5 receive means for receiving a recording programming mail from the outside, the recording programming mail containing programming contents; and
10 entering means for entering a recording programming in accordance with the programming contents obtained by the receive means.

2. An information recording and playback apparatus according to claim 1,

the receive means receiving the recording programming mail through a network.

15 3. An information recording and playback apparatus according to claim 1, further comprising:

a notifying mechanism which notifies the outside of contents of the recording programming mail captured by the receive means.

20 4. An information recording and playback apparatus according to claim 2, further comprising:

a notifying mechanism which notifies the outside of contents of the recording programming mail received by the receive means.

25 5. An information recording and playback apparatus comprising:

an information recording and playback section

which records information in a recording medium, and plays back information prerecorded in a recording medium;

5 a timer section which operates the information recording and playback section at a predetermined operation starting time, and stops the information recording and playback section at a predetermined operation ending time;

10 a memory section which holds operation information of the timer section;

 a communications control section which inputs and sets at least the operation starting time and the operation ending time in the timer section from the outside; and

15 entering means for entering, in the memory section, a recording programming including at least the operation starting time and the operation ending time obtained through the communications control section.

20 6. An information recording and playback apparatus according to claim 5,

 the communications control section receiving an instruction supplied in the form of a mail from the outside, and acquiring information corresponding to the operation starting time and the operation ending time of the timer section.

25 7. An information recording and playback apparatus according to claim 5, further comprising:

a notifying mechanism which notifies the outside
of contents of the mail captured by the communications
control section.

8. An information recording and playback
5 apparatus according to claim 6,

the communications control section capturing the
mail through a network.

9. An information recording and playback
apparatus according to claim 7,

10 the communications control section capturing the
mail through a network.

10. A method of controlling an information
recording and playback apparatus, the method
comprising:

15 receiving a mail from outside;

judging whether the received mail contains
recording control information including at least an
operation starting time and an operation ending time;

judging whether a recording programming is
acceptable with the operating starting time and the
operating ending time included in the mail judged to be
a mail containing the recording control information;
and

25 storing, in a memory section, the operation
starting time and the operation ending time included in
the recording control information contained in the mail
whose recording programming has been judged acceptable,

the operation starting time and the operation ending time serving as information used for controlling a timer section, the timer section operating and stopping an information recording and playback section at the 5 operation starting time and the operation ending time, respectively.

11. A method according to claim 10, further comprising:

10 notifying that the recording programming corresponding to the recording control information contained in the mail is impossible, if the recording programming is impossible.